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# United States Food Administration

WASHINGTON, D. C.

OCTOBER, 1918

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## FROZEN DESSERTS FOR ONE HUNDRED

Tested in the Experimental Kitchen  
of the U. S. Food Administration  
(Home Conservation Division)

### SUGAR SAVING ICE CREAMS

FOR INSTITUTIONS

(Approximately 5 gallons)

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#### METHOD OF COMBINING SWEETENERS WITH LIQUID

When sugar or confectioner's glucose are used with cane sirup, honey or maple sirup, bring all of the sweeteners to the boiling point in order that they may be more easily combined with the liquid, then add gradually the cold liquid and flavorings.

As both honey and maple sirup are slightly acid, the cream or milk may curdle especially if they are not strictly fresh. This will not affect the final product as the mixture is beaten smooth during the process of freezing.

#### FREEZING MIXTURES

Use three level measures of ice to one of salt. Pack solidly around can and turn slowly and steadily until frozen to a slush. Then turn more rapidly until the mixture is frozen. When frozen, draw off part of the salt water, remove the dasher and place cork tightly in lid, and pack freezer with ice and salt.

If the cream is not to be served for some time, it may be necessary to repack the freezer.

Cover freezer with newspapers to prevent rapid melting.

#### PLAIN ICE CREAM

25 per cent sugar.

75 per cent other sweetener.

3 gallons thin cream.

1 pound sugar.

4 pounds glucose, corn sirup, honey or maple sirup.

½ cup vanilla.

When honey or maple sirup is used the product will be sweeter than with glucose or corn sirup. Vanilla may be reduced one-half when maple sirup is used.



## PLAIN ICE CREAM

75 per cent light sirup.	4 pounds light sirup.
25 per cent honey or maple sirup.	1 pound 6 ounces honey or maple sirup.
3 gallons thin cream.	$\frac{1}{2}$ cup vanilla.

## PLAIN ICE CREAM

50 per cent light sirup.	3 pounds light sirup.
50 per cent honey or maple sirup.	3 pounds honey or maple sirup.
3 gallons thin cream.	$\frac{1}{2}$ cup vanilla.

## PLAIN ICE CREAM

25 per cent light sirup.	1 pound 6 ounces light sirup.
75 per cent honey or maple sirup.	4 pounds honey or maple sirup.
3 gallons thin cream.	$\frac{1}{2}$ cup vanilla.

## PLAIN ICE CREAM

100 per cent honey or maple sirup.	$\frac{1}{2}$ cup vanilla if honey is used. If maple sirup is used the vanilla may be decreased or omitted.
3 gallons thin cream.	
5 pounds 8 ounces honey or maple sirup.	

## PEACH ICE CREAM

50 per cent light sirup.	3 pounds light sirup.
50 per cent honey or maple sirup.	3 pounds honey or maple sirup.
3 gallons thin cream.	2 quarts unsweetened peach pulp.

If sweetened fresh fruit or canned fruit is used, use for sweeteners 4 pounds of light sirup and 1 pound 6 ounces honey or maple sirup.

## PINEAPPLE ICE CREAM

3 gallons thin cream.	1 pound 6 ounces honey or maple sirup.
4 pounds light sirup.	2 quarts pineapple juice and diced fruit.

## CHOCOLATE ICE CREAM

50 per cent light sirup.	3 pounds light sirup.
50 per cent honey or maple sirup.	3 pounds honey or maple sirup.
3 gallons thin cream.	1 pound chocolate.

Heat 1 quart of the cream in double boiler and add the sweetening agents, and the melted chocolate. Stir until smooth and add to the rest of the cream.

## CUSTARD ICE CREAM

The following mixture may be used in place of the cream in any of the above recipes:

6 quarts milk.	3 ounces cornstarch.
1 dozen eggs.	6 quarts thin cream.

Heat  $5\frac{1}{2}$  quarts milk in a double boiler or steam kettle. Add the desired sweetener. Add carefully the cornstarch mixed with  $\frac{1}{2}$  quart of milk. Cook for 15 to 20 minutes, stirring constantly. Pour about 2 cups of the hot liquid over the slightly beaten eggs, stirring carefully. Stir into the first mixture and cook for several minutes, cool, add cream and desired flavoring and freeze.

## COMBINATION SWEETENER

The following sirup may be used for sweetening ice cream, allowing 5 ounces of the mixture to each quart of liquid.

$1\frac{1}{2}$ pounds honey.	1 pound light sirup.
1 pound maple sirup.	

Blend the above into a smooth sirup.  
Add to the ice cream base as needed.  
Add the chocolate, fruit juice or pulp or other flavoring and freeze.

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